Produce of the Month



Swiss Chard



Nutritional Information



The enzymes in Swiss Chard help keep blood sugar more steady and may benefit those with diabetes

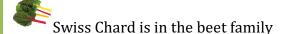
Swiss Chard is high in vitamin C, vitamin K and vitamin A, which helps with vision and skin health.

Swiss Chard is rich in minerals like calcium, copper and iron

Fun Facts

Swiss Chard is not, in fact, originally from Switzerland.

Ancient Greeks and Romans honored chard for its medicinal properties.



Selecting, Storing, Preparing

Look for Chard that is in a chilled display case for a crunchier and sweeter taste, the leaves should not be wilted or browning and the stalks should be crisp

Be sure not to wash Swiss Chard before storage, water will encourage spoilage.

Place Swiss Chard in a plastic bag and wrap tightly, place in the refrigerator to keep fresh for up to 5 days

You can also blanch and freeze chard

Swiss Chard should be rinsed, sliced and boiled and added to your favorite dish

You can eat the stems and the leaves of chard

Recipes/Ideas

- Toss Swiss chard in with your favorite pasta dish
- o Add chard to an omelet
- Use Swiss Chard in place of or along side of spinach in meals

For more ideas:

http://allrecipes.com/recipe/148889/sauteed-swiss-chard-with-parmesan-cheese/http://www.cookinglight.com/food/recipe-finder/swiss-chard-recipes

http://95210.townofmanchester.org/

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9 Hours of Sleep - 5 Servings of Fruits & Vegetables - 2 Hours or less of Screen Time - 1 Hour of Physical Activity - 0 Sugary Beverages